



## Proves d'accés a la universitat

2019

# Llengua estrangera Anglès

Sèrie 1 - A

| Qualificació           |  | TR |
|------------------------|--|----|
| Comprensió escrita     |  |    |
| Redacció               |  |    |
| Comprensió oral        |  |    |
| Suma de notes parcials |  |    |
| Qualificació final     |  |    |

Etiqueta de l'alumne/a

Ubicació del tribunal .....

Número del tribunal .....

Etiqueta de qualificació

Etiqueta del corrector/a

## THE EMOJI IS THE BIRTH OF A NEW TYPE OF LANGUAGE (NO JOKE)

Tyler Schnoebelen has discovered something curious about why people use the skull emoji. Schnoebelen is a linguist and the chief analyst for Idibon, a firm that interprets linguistic data. Recently he got interested in emoji. He analyzed a million social media posts containing those familiar little pictograms and found that when people talk about their phone, they're 11 times more likely to use the skull. Weird, right? But to Schnoebelen, it makes sense. Our phones, he points out, are social lifelines, and when they malfunction—a weak signal, short battery life—we're upset. "When you don't have access to your phone, or when nobody's texting you, you're socially dead," he says. So we reach for a metaphorical emoji: the skull.

Fully 92 percent of all people online use emoji now, and one-third of them do so daily. On Instagram, nearly half of the posts contain emoji, a trend that began in 2011 when Apple's iOS added an emoji keyboard. Rates increased when Android did the same two years later. Emoji are so popular they're killing off **netspeak**. The more we use emoji, the less we use LOL and OMG.

In essence, we're watching the birth of a new type of language. Emoji assist in a peculiarly modern task: conveying emotions in short, online texts. "They're trying to solve one of the big problems of writing online, which is that you have the words but you don't have the tone of voice," as Gretchen McCulloch, a linguist, says.

Purists are not so convinced. What have we become, children with **crayons**? Surely words alone can convey emotional tone. Maybe—if you're a novelist with years of experience. But most of us write speedily and conversationally on Instagram or WhatsApp. Of the 20 most frequently used emoji, nearly all are hearts, smilies, or hand gestures—the ones that express feelings. In an age of rapid chatter, emoji aid communication by adding an emotional meaning to the message.

We also use emoji to express a sort of ambient presence, when words alone aren't enough. Ryan Kelly, a computer scientist at the University of Bath, has found that texters often exchange a few emoji as nonverbal conclusion to a conversation. "You might not have anything else left to say," Kelly says, "but you want the person to know that you're thinking of them." So you send a couple of pandas. Or telescopes! Or some other symbol that seems **witty**. This is another aspect of emoji—many are open-ended. In fact, it is known that friends use that flexibility to assign their own private meanings to specific emoji. (My wife and I use the Easter Island head to connote absurdity.)

People are even developing syntax and rules of use for emoji. Schnoebelen found that when face emoji are used, they tend to occur before other objects. If you text about a late flight, you'll put an unhappy face followed by a plane, not the reverse. In linguistic terms, this is called conveying "**stance**." Just as with face-to-face talk, our expression illustrates our stance before we've spoken a word.

Social pessimists can stop worrying; no linguist thinks that this means the end of writing. Natural language is our most powerful communication tool. For most people, these ideograms represent an upgrade. Language always changes: slang is born, develops and becomes obsolete, for example. But it's exceedingly rare—maybe unprecedented—for languages with phonetic alphabets to suddenly acquire a big expansion pack of ideograms. In an age when we write more than ever, emoji are the new language of the heart.

Text adapted from an article by  
Clive THOMPSON. *Wired* [online] (April 19, 2016)

**netspeak**: llenguatge del ciberespai / lenguaje del ciberespacio

**crayon**: llapis de cera / lápiz de cera

**witty**: enginyós / ingenioso

**stance**: actitud

## Part 1: Reading comprehension

Choose the best answer according to the text. Only ONE answer is correct.

[3 points: 0.375 points for each correct answer. Wrong answers will be penalized by deducting 0.125 points. There is no penalty for unanswered questions.]

|    |  | Espai per al corrector/a |                          |                          |
|----|--|--------------------------|--------------------------|--------------------------|
|    |  | Correcta                 | Incorrecta               | No contestada            |
| 1. | Many people use the skull emoji when talking about their phone                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|    | <input type="checkbox"/> to tell friends that they don't feel well.                    |                          |                          |                          |
|    | <input type="checkbox"/> to explain that it is not working well.                       |                          |                          |                          |
|    | <input type="checkbox"/> to complain that nobody's sending them text messages.         |                          |                          |                          |
|    | <input type="checkbox"/> because they like using metaphorical language.                |                          |                          |                          |
| 2. | Which of the following sentences is NOT true?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|    | <input type="checkbox"/> Instagram incorporated emoji in 2011.                         |                          |                          |                          |
|    | <input type="checkbox"/> Emoji usage increased after Android included them.            |                          |                          |                          |
|    | <input type="checkbox"/> Since we have emoji, we use netspeak less.                    |                          |                          |                          |
|    | <input type="checkbox"/> Emoji in Instagram posts are very frequent.                   |                          |                          |                          |
| 3. | The author believes that we are watching the birth of a new type of language because   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|    | <input type="checkbox"/> writing online presents big problems.                         |                          |                          |                          |
|    | <input type="checkbox"/> emoji replace voice messages.                                 |                          |                          |                          |
|    | <input type="checkbox"/> emoji have stable meanings.                                   |                          |                          |                          |
|    | <input type="checkbox"/> emoji help us transmit our feelings in writing.               |                          |                          |                          |
| 4. | Emoji have become so popular so quickly because  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|    | <input type="checkbox"/> people no longer know how to spell.                           |                          |                          |                          |
|    | <input type="checkbox"/> we want to convey emotional tone.                             |                          |                          |                          |
|    | <input type="checkbox"/> alphabet keyboards are difficult to use online.               |                          |                          |                          |
|    | <input type="checkbox"/> we need new words to express our feelings.                    |                          |                          |                          |
| 5. | According to the author, smiley, hand and heart emoji                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|    | <input type="checkbox"/> seldom occur in online messages.                              |                          |                          |                          |
|    | <input type="checkbox"/> are the only way to communicate our feelings online.          |                          |                          |                          |
|    | <input type="checkbox"/> have become effective tools of communication.                 |                          |                          |                          |
|    | <input type="checkbox"/> often result in miscommunication.                             |                          |                          |                          |
| 6. | Many emoji are open-ended. This means that   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|    | <input type="checkbox"/> different people may assign them different meanings.          |                          |                          |                          |
|    | <input type="checkbox"/> they are sometimes used to end a conversation.                |                          |                          |                          |
|    | <input type="checkbox"/> you can use them when you don't know what to say.             |                          |                          |                          |
|    | <input type="checkbox"/> some people use them to express absurd things.                |                          |                          |                          |
| 7. | We tend to put an emoji face before an object because                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|    | <input type="checkbox"/> it's impossible to convey stance in a message.                |                          |                          |                          |
|    | <input type="checkbox"/> we don't need to speak words in an online conversation.       |                          |                          |                          |
|    | <input type="checkbox"/> when we speak, we see the person's facial expression first.   |                          |                          |                          |
|    | <input type="checkbox"/> that's what the new syntax rule for emoji use tells us to do. |                          |                          |                          |
| 8. | According to the writer,   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|    | <input type="checkbox"/> we write so much today because language always changes.       |                          |                          |                          |
|    | <input type="checkbox"/> emoji do not represent a threat to writing.                   |                          |                          |                          |
|    | <input type="checkbox"/> emoji are a form of slang.                                    |                          |                          |                          |
|    | <input type="checkbox"/> emoji communicate more powerfully than text.                  |                          |                          |                          |

|                            | Correctes                | Incorrectes              | No contestades           |
|----------------------------|--------------------------|--------------------------|--------------------------|
| Recompte de les respostes  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Nota de comprensió escrita | <input type="text"/>     |                          |                          |

## Part 2: Writing

Choose ONE topic. Your answer should be 125-150 words in length. There is no specific penalty for exceeding 150 words in length. Extra points are not given for exceeding 150 words. [4 points]

1. “Emoji is the new language of the heart.” Do you agree with the author’s statement? **Write an opinion essay.**
  
2. Although friendships can last a lifetime, it is also true that sometimes our relationship with a friend or someone in our family can take a turn for the worse. **Write a narrative essay** explaining what led to the breakup of a friendship.

|                     |  |
|---------------------|--|
| Grammar             |  |
| Vocabulary          |  |
| Text                |  |
| Maturity            |  |
| Total               |  |
| Nota de la redacció |  |



### Part 3: Listening comprehension

#### ‘MOBY-DUCK’: WHEN 28,800 BATH TOYS ARE LOST AT SEA

In the following conversation you are going to hear some new words. Read and listen to them. Make sure you know what they mean.

*to end up*: resultar

*deck*: cubierta / cubierta

*to stack*: apilar

*to maneuver*: maniobrar, operar

Ready?

Now read the questions on the following page. Read them carefully before listening to the conversation.

**Presenter:** This is *Fresh Air*, our weekly program devoted to the environment. What happens when 28,000 rubber ducks and other bath toys are accidentally dumped into the ocean? Where do the ocean currents take them, and what environmental impact do the ducks and other ocean junk have on the seas? That’s what our guest, the journalist Donovan Hahn, investigated in his book *Moby-Duck: The True Story of 28,800 Bath Toys Lost at Sea and the Beachcombers, Oceanographers, Environmentalists, and Fools, Including the Author, Who Went in Search of Them*.

[Now listen to the interview.]

## QUESTIONS

Choose the best answer according to the recording. Only ONE answer is correct.

[3 points: 0.375 points for each correct answer. Wrong answers will be penalized by deducting 0.125 points. There is no penalty for unanswered questions.]

| Espai per al corrector/a  |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|
|   | Correcta                 | Incorrecta               | No<br>contestada         |
| 1. Where were the lost toy ducks first found?<br><input type="checkbox"/> Alaska.<br><input type="checkbox"/> Canada.<br><input type="checkbox"/> China.<br><input type="checkbox"/> Oregon.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. How long did it take the first rubber ducks to surface on a beach after their container was lost at sea?<br><input type="checkbox"/> Only three months.<br><input type="checkbox"/> About a year and a half.<br><input type="checkbox"/> Four years.<br><input type="checkbox"/> Almost six years.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. How many containers with rubber ducks and other toys were lost at sea?<br><input type="checkbox"/> 12.<br><input type="checkbox"/> 407.<br><input type="checkbox"/> Hundreds and hundreds.<br><input type="checkbox"/> Over 28,000.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Which of the following best describes the cargo ships discussed in the conversation?<br><input type="checkbox"/> They regularly go through the Panama Canal.<br><input type="checkbox"/> They mainly navigate between North America and South America.<br><input type="checkbox"/> They carry hundreds of containers above and below deck.<br><input type="checkbox"/> They almost always drop some containers in the sea.           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Which of the following statements is TRUE?<br><input type="checkbox"/> Large ships are better able to navigate in storms than smaller ships.<br><input type="checkbox"/> The ship lost the toys in the Graveyard of the Pacific.<br><input type="checkbox"/> The weather in the North Pacific is so good that few wrecks occur.<br><input type="checkbox"/> Sailing ships in the 19 <sup>th</sup> century did not cross the Pacific. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. What do we know for certain about the accident that resulted in the loss of rubber ducks at sea?<br><input type="checkbox"/> It occurred at night.<br><input type="checkbox"/> It occurred during the day.<br><input type="checkbox"/> It occurred because of an error by the ship's captain.<br><input type="checkbox"/> It occurred when there were high waves.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. We can deduce from the conversation that the toys were originally<br><input type="checkbox"/> packed in plastic bags.<br><input type="checkbox"/> packed in cardboard boxes.<br><input type="checkbox"/> not individually packed.<br><input type="checkbox"/> made out of cardboard.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Which of the following is NOT mentioned as an important source of plastics in the oceans?<br><input type="checkbox"/> Waste from coastal cities.<br><input type="checkbox"/> Fishing fleets.<br><input type="checkbox"/> Garbage dumps.<br><input type="checkbox"/> Cruise ships.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

|                           | Correctes   | Incorrectes              | No contestades           |
|---------------------------|---|--------------------------|--------------------------|
| Recompte de les respostes | <input type="checkbox"/>                                | <input type="checkbox"/> | <input type="checkbox"/> |
| Nota de comprensió oral   | <input style="width: 100%; height: 20px;" type="text"/> |                          |                          |

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Etiqueta de l'alumne/a



Institut  
d'Estudis  
Catalans





# Llengua estrangera

## Anglès

### Sèrie 4 - A

| Qualificació           |  | TR |
|------------------------|--|----|
| Comprensió escrita     |  |    |
| Redacció               |  |    |
| Comprensió oral        |  |    |
| Suma de notes parcials |  |    |
| Qualificació final     |  |    |

Etiqueta de l'alumne/a

Ubicació del tribunal .....

Número del tribunal .....

Etiqueta de qualificació

Etiqueta del corrector/a

## THRILLER: MICHAEL JACKSON'S SURPRISING SUCCESS

The album that would become the most successful record in music history went unnoticed by the magazine *Time* when it was first **released** 35 years ago, on November 30, 1982. But it didn't take too long for that to change, as the album sat atop the charts for weeks and revolutionized the entire record industry and the music-video culture. About a year after its **release**, *Thriller* was still selling 200,000 copies a week. By the time Michael Jackson appeared on the cover of *Time* magazine in 1984, the album had become the best-selling album ever (and it still claims that title).

But, while it could be said that a success of that magnitude is always a surprise in some way, *Time's* music critic Jay Cocks also suggests a deeper reason why the editors at *Time* may have **overlooked** the album when it was first released:

For the record industry, *Thriller* was a restoration of confidence, a rejuvenation. Its effect on listeners, especially younger ones, was nearer to a revelation. *Thriller* brought Black music back to mainstream radio, from which it had been **banished** in the mid-'70s. "No doubt about it," says composer-arranger Quincy Jones, who produced the albums *Off the Wall* and *Thriller* with Jackson. "He took us right up there where we belong. Black music had to **play second fiddle** for a long time, but its spirit is the whole motor of pop. Michael connected with every soul in the world."

*Thriller* does not have the mean, challenging immediacy of rap, but it is consummate contemporary rhythm and blues. Jane Fonda, one of Jackson's pals, put it as nicely as any music critic: "Michael had a fresh, original sound. The music is energetic, and it's sensual. You can dance to it, work out to it, make love to it, sing to it. It's hard to sit still to."

The pulse of America and much of the rest of the world **beat** in time to the tough **strut** of *Billie Jean*, the asphalt aria of *Beat It*, the cool chills of *Thriller*. *Thriller* was on the Japanese charts for 65 consecutive weeks, and local teens were copying Michael's moves and singing his songs. *Thriller* was also South Africa's top seller: "Jackson bridged the apartheid gap," declared one record executive. The Soviet press in Moscow denounced Jackson, and his fans couldn't buy his records in any stores, but **bootleg** tapes were swapped and treasured.

"Michael used to say, when he wrote, he'd write for everyone," says his mother Katherine, "even though the music business would list it as rhythm and blues because of him being Black." Jackson was the biggest thing in music since The Beatles. He was the hottest single phenomenon since Elvis Presley. He just may be the most popular Black singer ever.

This success, Jones says, "had never happened to a Black performer." Rock critics (who are mostly white) liked *Thriller* well enough and wrote respectfully of it when it was released in December 1982, but they were as surprised as record-company executives (who are mostly white) when the album started **burning its way into** the country's collective musical consciousness. The message is obvious anyway: soul is for sharing, not segregating.

When Jackson died in 2009, *Thriller* was still remembered by many as a high point in his career. "For a generation, the magic is partly nostalgic; everyone in his fifties remembers exactly where they were when they heard *Beat It* for the first time," wrote *Time's* Richard Corliss in his remembrance of the pop idol. "As a piece of music, it remains the greatest pop album of all time."

Text adapted from an article by  
Lily ROTHMAN. *Time* [online] (November 29, 2017)

**to release:** publicar

**release:** publicació / publicación

**to overlook:** passar per alt / pasar por alto

**to banish:** bandejar / desterrar

**to play second fiddle:** ser a l'ombra / estar en la sombra

**to beat:** marcar el ritme / marcar el ritmo

**strut:** estil de caminar fatxenda / pavoneo

**bootleg:** còpia pirata / copia pirata

**to burn one's way into:** establir-se ràpidament i amb força / establecerse rápidamente y con fuerza

## Part 1: Reading comprehension

Choose the best answer according to the text. Only ONE answer is correct.

[3 points: 0.375 points for each correct answer. Wrong answers will be penalized by deducting 0.125 points. There is no penalty for unanswered questions.]

|    |   | Espai per al corrector/a |                          |                          |
|----|---|--------------------------|--------------------------|--------------------------|
|    |   | Correcta                 | Incorrecta               | No contestada            |
| 1. | When Michael Jackson's <i>Thriller</i> was released,<br><input type="checkbox"/> <i>Time</i> magazine didn't pay much notice to it.<br><input type="checkbox"/> it sold 200,000 copies on the first week.<br><input type="checkbox"/> it was considered the best album ever.<br><input type="checkbox"/> it didn't reach the charts immediately.                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. | After <i>Thriller</i> ,<br><input type="checkbox"/> Black music was forbidden on the radio.<br><input type="checkbox"/> young people started listening to the radio again.<br><input type="checkbox"/> only Black people listened to the radio stations playing Jackson's music.<br><input type="checkbox"/> Black music was heard on radio stations aimed at a general audience. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. | Which of these things does Quincy Jones NOT say?<br><input type="checkbox"/> Michael Jackson made Black music important again.<br><input type="checkbox"/> Pop music has a strong influence of Black music.<br><input type="checkbox"/> Michael Jackson had connections all over the world.<br><input type="checkbox"/> Black music was considered secondary for years.           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. | When Jane Fonda said that "It's hard to sit still to [Michael Jackson's music]", she meant that<br><input type="checkbox"/> his music makes you want to move.<br><input type="checkbox"/> his music makes you want to sit down.<br><input type="checkbox"/> it's difficult to listen to his music.<br><input type="checkbox"/> it's difficult to dance like he did.               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. | In Moscow, Michael Jackson's records<br><input type="checkbox"/> were widely available in music stores.<br><input type="checkbox"/> were only available as pirate copies.<br><input type="checkbox"/> reached the top position in the charts.<br><input type="checkbox"/> were played regularly on state-owned radio stations.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. | Michael Jackson's mother says that<br><input type="checkbox"/> he didn't make music for a specific group of people.<br><input type="checkbox"/> he composed music for a Black audience.<br><input type="checkbox"/> he composed mainly rhythm and blues.<br><input type="checkbox"/> he wrote for the music business.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. | Rock critics<br><input type="checkbox"/> worked together with record companies.<br><input type="checkbox"/> thought that Jackson's music would promote segregation.<br><input type="checkbox"/> predicted the success of the album.<br><input type="checkbox"/> didn't expect the album to be so successful.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. | Many people believe that <i>Thriller</i><br><input type="checkbox"/> is the most famous song of the 20 <sup>th</sup> century.<br><input type="checkbox"/> marked the end of a music era.<br><input type="checkbox"/> is one of the best albums in Michael Jackson's career.<br><input type="checkbox"/> is a song with a strong political message.                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

|                            | Correctes                | Incorrectes              | No contestades           |
|----------------------------|--------------------------|--------------------------|--------------------------|
| Recompte de les respostes  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Nota de comprensió escrita | <input type="text"/>     |                          |                          |

## Part 2: Writing

Choose ONE topic. Your answer should be 125-150 words in length. There is no specific penalty for exceeding 150 words in length. Extra points are not given for exceeding 150 words.  
[4 points]

1. Do you buy music or do you pirate it? Some people argue that we should put an end to music piracy, as it generates huge losses for the record companies and music artists. Others claim that the record companies already have enough money, and that the prices they charge are too expensive. **Write a for-and-against essay** in which you state the pros and cons of paying for music.
  
2. You have missed a flight due to unexpected delays but you are not offered any rebooking or any compensation from the airline. **Write an email** to the customer service department complaining about the service and asking for compensation. Make sure you do NOT use your own name in your email.

|                     |  |
|---------------------|--|
| Grammar             |  |
| Vocabulary          |  |
| Text                |  |
| Maturity            |  |
| Total               |  |
| Nota de la redacció |  |



### DO YOU GET ON WELL WITH YOUR SMARTPHONE?

In the following conversation you are going to hear some new words. Read and listen to them. Make sure you know what they mean.

*overload*: sobrecàrrega / sobrecarga

*mindfulness*: atenció plena / atención plena

*dopamine*: dopamina

*boost*: estimular

Ready?

Now read the questions on the following page. Read them carefully before listening to the conversation.

**Presenter:** Hello. My name is Anne Smith, and on today's programme Dr. John Thomson is going to help us find out why smartphones are so addictive and how we can break our dependence on them. Can we learn how to renegotiate our relationship with our smartphone?

[Now listen to the interview.]

## QUESTIONS

Choose the best answer according to the recording. Only ONE answer is correct.

[3 points: 0.375 points for each correct answer. Wrong answers will be penalized by deducting 0.125 points. There is no penalty for unanswered questions.]

| Espai per al corrector/a  |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|
|   | Correcta                 | Incorrecta               | No contestada            |
| 1. According to Dr. Thomson,<br><input type="checkbox"/> we are very dependent on mobile phones.<br><input type="checkbox"/> we are addicted to our emotions.<br><input type="checkbox"/> technology harms our mind.<br><input type="checkbox"/> we should not use our phones while eating.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. In Dr. Thomson's view, which of the following is NOT true?<br><input type="checkbox"/> We need to learn to use digital devices intentionally.<br><input type="checkbox"/> Mindfulness allows us to observe and reflect on our behaviour.<br><input type="checkbox"/> We should change our text messaging habits to feel better.<br><input type="checkbox"/> We should learn to observe consciously how we feel.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. In order to understand how to use technology well, we need to<br><input type="checkbox"/> become aware of how devices affect our lives.<br><input type="checkbox"/> have a lot of determination.<br><input type="checkbox"/> learn how to carry on business with it.<br><input type="checkbox"/> stop using smartphones for entertainment.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Our addiction to technology is based on<br><input type="checkbox"/> the high levels of dopamine in the food we eat.<br><input type="checkbox"/> a neurobiological brain disorder related to eating habits.<br><input type="checkbox"/> a mental condition that makes us forget what to do.<br><input type="checkbox"/> a psychological system of reward related to survival.                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. E-mails can cause a dopamine hit if they are<br><input type="checkbox"/> answered intermittently.<br><input type="checkbox"/> received at irregular time intervals.<br><input type="checkbox"/> received at regular time intervals.<br><input type="checkbox"/> answered within 30 seconds.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. To develop mindfulness, Dr. Thomson asks people to<br><input type="checkbox"/> think about their body before thinking about their phone.<br><input type="checkbox"/> take their phone out, hold it and put it away without turning it on.<br><input type="checkbox"/> think about their phone and what happens in their mind and to their body.<br><input type="checkbox"/> think of three questions to ask him. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. In mindfulness training people are supposed to<br><input type="checkbox"/> stop thinking about their own emotions.<br><input type="checkbox"/> avoid expressing their own feelings.<br><input type="checkbox"/> develop an awareness of their own habits.<br><input type="checkbox"/> pay close attention to the others in the room.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. When going through mindfulness training, some people<br><input type="checkbox"/> feel anxious when asked to put their phone away.<br><input type="checkbox"/> react violently and throw their phone away.<br><input type="checkbox"/> relax when they put their phone away.<br><input type="checkbox"/> create bad habits in the use of their phone.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

|                           |   |                          |                          |
|---------------------------|---|--------------------------|--------------------------|
|                           | Correctes                                 | Incorrectes              | No contestades           |
| Recompte de les respostes | <input type="checkbox"/>                  | <input type="checkbox"/> | <input type="checkbox"/> |
| Nota de comprensió oral   | <input style="width: 100%;" type="text"/> |                          |                          |

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Etiqueta de l'alumne/a



Institut  
d'Estudis  
Catalans